

Teachers' Perception in Teaching Physical and Health Education as Non-Major Subject

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Abstract

This study explored teachers' perception in teaching physical and health education as non-major subject. Physical and health education are mainstay subject to provide health and mental awareness and knowledge to young people in school. Hence it is important to ensure educators are well informed about the mental and health wellbeing syllabus. Focus group interview were conducted amongst 3 experts' secondary teachers and 10 primary school teachers. Thematic analysis was used to analyse the findings teachers' perception. Four themes were identified. There are times used to teach the subject, teaching methods, perceptions of teachers related physical and health education with mental well-being and subject knowledge of teaching. Based on the findings, practising teaching health and physical education should be point out to be well conducted in the school with high awareness and practical methods. This, will help to deliver the mental and health knowledge to young children indirectly to achieve mental and health wellbeing among students and educators.

Keywords: health behaviour, health education, mental health, physical education, wellbeing